

# Tropical Times

*Serving the Footprint of Freedom*



Volume 16, Number 4

U.S. Navy Support Facility, Diego Garcia, B.I.O.T.

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# MCPON Minute

## Family Involvement

MCPON Terry D. Scott



In 1980, the Navy had more Sailors than family members. Today there are three-times as many family members as active duty Sailors. Roughly 60 percent of active duty members are married; another 6 percent are single parents. The significance of a family's role in a Sailor's career is never more evident than at that point of deciding whether or not



to re-enlist. The decision to stay in is not made on the phone with a detailer, or based on any bonuses, or set of follow-on orders. The decision to stay often is made at the dinner table.

The next time you're negotiating orders, include your spouse. That will make the process between the both of you and your detailer a lot simpler, and will offer your spouse an understanding of how the system works. I am convinced that when spouses and families are kept accurately informed, they are the most valuable support to a Sailor's career and success.

### Tropical Times

United States Navy Support Facility, Diego Garcia, British Indian Ocean Territory

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## INFORMATION HIGHWAY

### Ongoing Birth Month Recall

If your birthday is in January, you are due for the Birth Month Recall Program (BMR). BMR ensures that our medical readiness remains at a C-1 status.

Please report to Preventive Medicine on any Monday, Tuesday or Wednesday between 1 and 3 p.m.

Report with your medical record so that it can be screened for the most current physical, immunizations, HIV test and any other surveillance programs.

If you have any questions, please contact HM1 Cole at 370-4218.

### Used Bags/Luggage needed for Security Training

The Military Working Dog Kennel on Diego Garcia is in need of old luggage, gym bags or backpacks that are no longer being used. The K-9 Team will use the bags as training aids for the Military Detector Dogs. If anyone has unwanted bags that they want to get rid of, please drop them off at the Kennel, Bldg. 207 located behind the NSF Security Building. You can also contact the K-9 unit at 370-4615, and they will make arrangements to come and pick them up. Thank you.

### Tobacco Cessation Course

Tobacco users - here's your chance to kick the habit, and it won't cost you anything. Contact the Branch Health Clinic for information on the next Tobacco Cessation Course. FREE teeth whitening upon successful completion of the course.

## Bicycle Safety

Submitted by Branch Health Clinic

Each year, more than 500,000 people in the US are treated in emergency departments, and more than 800 people die as a result of bicycle-related injuries. That's why it's so important that you protect yourself with the right equipment: safety gear and knowledge. Here on Diego Garcia, bicycling is our primary mode of transportation, and we share the road with a variety of types of vehicles, so let's look at the different ways we can keep ourselves safe out there.

Your bicycle should be safe to ride. This means that the bicycle is the right size for you. You should be able to stand straddling the top bar of your bike so that both feet are flat on the ground. There should be 1-3 inches of space between you and the top bar. The bike seat should be adjusted so that while sitting on the seat with your foot on the pedal, your knee will be slightly bent. Make sure the seat, handlebars and wheels are tightened into place, and that the wheels are straight. The wheels should rotate smoothly. Check your chain regularly. It should be snug, clean and lubricated. Always check your brakes before riding to make sure they are working properly and do not stick or slip. Your tires should be inflated to the correct pressure, which is stamped on the sidewall of the tire. If you plan on carrying anything while biking, it should be in a basket attached to the bike. For bicycling at night on DG you are required to have a headlight. The headlight should be a white light that is visible from 500 feet. You

should also have a red reflector or taillight that is visible from 600 feet.

Now that we have a safe bicycle to ride, we need to look at what else we can do to stay safe, such as what to wear. Yes, you can make a fashion statement while bicycling. The most important thing you need to wear goes on your head - a helmet. This tells those around you that you have a lot of good stuff inside that head of yours that needs to be protected. Not just any helmet will do though; bike helmet standards were introduced in 1999 and set by the Consumer Product Safety Commission, so check your helmet for their stamp of approval. Here are some helmet guidelines:

1. It should sit level on your head. Helmets come with a set of foam pads that you can stick on the inside to help fit it to your head.
2. Have strong, wide straps that fasten snugly under the chin.
3. These straps should be fastened when riding or they cease to be of any use.
4. Your helmet should be tight enough so that no sudden pulling or twisting can move the helmet around on your head.
5. Replace your helmet every 5 years or immediately after a hard fall in which your helmet took the impact.

In addition to a helmet, the clothes you wear also play an important role in keeping you safe. Bright, fluorescent-colored clothes help people see you better, especially in the evenings. You should wear lightweight clothes to avoid becoming overheated, especially

during the summer season, and drink plenty of water. If you are bicycling in pants, your pant legs should not be so loose that they are at risk of getting caught in the chain. If you do a lot of off-road biking, you might consider riding gloves to protect your hands. Wear shoes that grip your bike's pedals and are not likely to slide off the pedals, such as cleats or heels. Never ride barefoot.

Now that you have a safe bicycle and are dressed for the occasion, a few words on bicycle etiquette. There are rules of the road to keep you safe: Pedestrians have the right of way on sidewalks and crosswalks. Always ride on the RIGHT-HAND side of the street in the same direction as cars. Never ride against traffic. Use bike lanes or designated bike routes whenever you can. Always stop and check for traffic in all directions when crossing an intersection or entering onto a road. Watch traffic closely for turning and braking cars. Stop at all stop signs and obey street signs just as cars do. When biking with friends, always ride single file on the street. When passing other bikers or people, always pass on the left side and call out "On your left" so they know you are coming. Know your hand signals for left turn, right turn, and stopping and use them. A one-person bike should have only one person on it at a time.

Watch out for hazards in the road such as wet leaves, large puddles, changes in the road surface, rocks, and most importantly for here, coconuts.

Things you should not do: Don't do stunts, Don't ride double, Don't hitch rides, and never weave in and out of traffic or in between two cars.

## GALLEY MENU *Jan. 28 - Feb. 3*

<b>Saturday</b>		<b>Wednesday</b>	
<u>Lunch</u>	<u>Dinner</u>	<u>Lunch</u>	<u>Dinner</u>
Vegetable Soup Pork Adobo Oven Fried Chicken	Egg Drop Soup Stuffed Flounder Creole Steak Smothered with Onions	French Onion Soup Veal Parmesan Blackened Fish	"Hawaiian Night" Cream of Potato Soup Kalluah Pork Teriyaki Chicken
<b>Sunday</b>		<b>Thursday</b>	
<u>Brunch</u>			
Corn Chowder Minute Steak Fishwich with Cheese	Creole Soup Honey Glazed Chicken Breast Braised Beef Cubes	Cream of Asparagus Soup Thick Crust Pizza Chicken Pot Pie	Velvet Corn Soup Broccoli Quiche Caribbean Curried Beef Cubes
<b>Monday</b>		<b>Friday</b>	
Turkey Vegetable Soup Vegetable Stuffed Peppers Southern Fried Catfish	Pepper Pot Soup Creole Pork Chop Cajun Meatloaf	Chicken Noodle Soup Baked Potato Bar BBQ Beef Short Ribs	Pepper Pot Soup Kielbasa with Sauerkraut Baked Tandoori Chicken
<b>Tuesday</b>		Due to unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock, or to permit the timely use of perishable foods.	
Beef Rice Soup Spinach Lasagna Grilled Polish Sausage	Cream of Broccoli Soup Swiss Steak Turkey Cutlet		

## Friendship

By RP2 Jordan

*NSF Chapel of Faith*

What is friendship? Webster defines friendship as: one attached to another by respect or affection. (That's a very broad term in many aspects). I'd always assumed it meant the people you "hung out" with, common interests you shared and time spent together. (On many levels it is).

We all had childhood friends and at that time it was especially significant to have that bond. Everybody wants to be accepted by one's peers. But growing up and getting older we may or may not have those same friends. I don't. I remember when we moved from the small town I grew up in North Texas to the suburbs of Houston. What a dramatic change that was for me. I'd had these peers I grew up with and suddenly I'm alone. For a while I did keep in touch with a couple of my friends, but then nothing. All of my childhood friends were either having babies or getting married by the time I completed high school or soon thereafter.

I did not have any friends in junior high and only one in high school, and lost

touch with that friend after high school. I joined the military, but not much improved. There was one individual in particular whom I still keep in touch with though he's no longer in the military.

What an interesting relationship that was!

I stood the ASF watch at my first duty station and he was an MA and we just vibed. Whenever the watchbill was posted I always wanted to be on post with him. He was so funny, irreverent, charismatic, and never one to mince words. I liked that about him.

Then I was promoted to RP3 and was transferred to the ship. We would see each other on occasion and it was always a blast when we did. Fellow RPs from my first duty station were terrific. We all shared that common "interest" which was wonderful. When we each moved on to different duty stations we managed to stay in touch until last year when everything abruptly changed. I don't know what happened. I had 2 other friends (not RPs) who were very sweet. One of them cut me off completely, and the other one is (no longer in the military), but we've managed to keep the lines of communication open.

I did meet one very intriguing

individual at my previous duty station whose own life would read like a Patricia Cornwell novel. She too is no longer in the military, but we still converse on a regular basis. An interesting character she is.

What's so thought provoking is what I've discovered during all this time of watching, reading and observing the kind of friends people are! You have male friends, female friends, animals (who are their owners' constant companions), wives, husbands, girlfriends, sisters, brothers, and other related family members whom many people consider not just a friend, but also their best friend. It's terrific I think for those who are able to maintain those friendships from childhood and adolescence and even those from college. Those are special and unique.

But for me it's been the aforementioned and those whom I've met while here on the island whom I consider to be one of a kind. I never expected to be received so willingly and without reservation. I'm blessed for having the opportunity to get to know them. They are exceptional and extraordinary individuals who (for me) have given the word "friendship" a whole new meaning.

# Diego Garcia Island Church Services

## The Chapel in the Palms 370-4601

### ROMAN CATHOLIC

#### Rosary and Novena

Saturday 7 p.m.

Sunday 9 a.m.

#### Catholic Mass

Saturday 7:30 p.m.

Sunday 9:30 a.m.

Monday-Friday 11:30 a.m.

#### RCIA

Monday 7 p.m.

#### Choir Practice

Thursday 7 p.m.

#### Saturday Confession

6 p.m.

#### Scripture Study

Thursday 6 p.m.

### ISLAMIC

#### Jum'ha

Daily 7:30 p.m.

### CHURCH OF CHRIST

#### Sunday Worship

10 a.m.

## The Chapel in the Palms 370-4601

### PROTESTANT

#### Traditional Protestant Worship

Sunday 8 a.m.

#### Sunday Bible Study

9:15 a.m.

#### Contemporary Protestant Worship

Sunday 10:30 a.m.

#### Gospel Service

Sunday 1:30 p.m.

#### Bible Study

Tuesday 7 p.m.

#### Co-Ed Bible Study

Wednesday 7:30 p.m.

#### Fellowship, Video

and Game Night

Friday 7 p.m.

### Iglesia ni Cristo

#### English Worship Service

Thursday 5 a.m.

#### Tagalog Worship Service

7:30 p.m.

#### English Worship Service

Saturday 7:30 p.m.

## Camp Justice Chapel 370-4959

### Bible Study

Tuesday and Thursday 7 p.m.

### Chapel Movie Night

Monday 7 p.m.

### General Protestant Service

Sunday 9 a.m.

### ROMAN CATHOLIC

#### Catholic Mass

Sunday 10:30 a.m.

### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

#### Sunday Worship

1 p.m.

### Hindu Temple

#### Fellowship Service

Thursday 7 p.m.

## Sacred Heart of Jesus Chapel 370-2956

### Daily Rosary

5:45 p.m.

### Theological Formation

Weekdays 7 p.m.

## Sacred Heart of Jesus Chapel 370-2956

### Evening Mass

Weekdays 6 p.m.

### Saturday Mass

5 a.m. and 7 p.m.

### Sunday Mass

8 a.m. and 7 p.m.

### Friday Bible Study

7 p.m.

### \*Confession After Mass

### Palmsville Village Mass

Every First Friday 7:30 p.m.

### Prayer Meeting

Wednesday 8 p.m.

### Christian's Den

### Band Practice

Tuesday and Saturday 8 p.m.

### Tagalog Bible Study

Wednesday 7 p.m.

### Tagalog Fellowship

Thursday 7 p.m.

### Contemporary

### Christian Service

Sunday 7 p.m.



## AA MEETINGS

BEQ 17  
First Deck Lounge  
Sundays, Wednesdays  
& Fridays  
7:30 p.m.

Alcoholics Anonymous is about  
people learning to live life sober  
through sharing each others'  
experiences.

## Ground Hog Day



2006

## Terrorism, Part 2: *Immediate and Long Range Goals*

By MA1(SW) Sanders  
NSF Security Department

Last week we talked about the definition of terrorism now let's discuss some of their goals.

### Long Range Goals of Terrorist Groups

Generally speaking, the long range objectives of terrorism fit into at least one of three broad categories.

(1) Revolutionary. The use of terrorism is intended to bring about the complete overthrow of the existing government in the area of operations.

(2) Sub-revolutionary. If terrorism is used only to influence a government or other groups into making changes against its will. The sought after changes will usually be political, social, or economic in nature. This type of terrorism characterizes many nationalist movements around the world.

(3) Established. Whenever the use of terrorism is controlled or condoned by an established state

### Immediate Goals of a Terrorist Group

Terrorist groups, like any other organization, have both immediate and long range goals. Their long range goals were described as revolutionary, sub revolutionary, and establishment. Therefore, each act of terrorism is designed to accomplish something specific as part of an overall strategy. These immediate or short term goals usually include one or more of the following:

(1) Obtain worldwide or local recognition. This publicity advertises the movement and is of utmost importance to the group.

(2) Cause overreaction by the government. This is one of the basic precepts of militaristic revolutionary strategies such as those described by Castro, Guevara, and Marighella. This overreaction to terrorist activities may result in oppressive and restrictive population control measures, such as instituting special antiterrorist laws that allow searches without warrants, detention of citizens without charges, curfews, and travel restrictions.

(3) Harass, weaken, or embarrass government security forces. Such tactics as calling in false alarms, assassinating security personnel, and conducting sophisticated raids and ambushes are used to reduce the effectiveness of security forces and erode public confidence in them. If government forces cannot protect its own interest, how can it protect its people?

(4) Obtain money and equipment. Terrorist acts are used to steal or extort money and equipment, especially weapons and ammunition essential to the struggle. Major acts or a successful terrorist campaign also attracts much foreign support.

(5) Destroy facilities and disrupt lines of communication. This hinders the government's ability to control the

violence, both militarily and politically. It creates a chaotic atmosphere within the population, in which entire segments may be entirely isolated from government influence for brief periods, making them susceptible to intimidation and propaganda by terrorists.

(6) Discourage foreign investments or assistance programs. If this goal is achieved, the economy of the target country will be affected, causing an increase in unemployment and a decrease in government revenues. This will result in a loss of prestige, leading to internal dissent.

(7) Influence government decisions, legislation, or elections. There is little doubt that the bombing of the Marine barracks in Beirut influenced our government's decision to eventually withdraw the Marines.

(8) Free prisoners. This is frequently a demand made by terrorists, especially if there is a negotiable item involved such as hostages or aircraft.

(9) Satisfy vengeance. The most brutal acts of terrorism are often reserved for informants or other traitors to the cause.

(10) Turn the tide in any war. Terrorism is an integral part of all insurgencies. In rural areas it is usually used to punish government supporters, while in urban centers it can be used, in addition to the goals previously mentioned, to divert government troops from the countryside where they are needed to fight the threat.

**Entertainment this Week**

MWR Presents:

**“DJ Jasper (Variety)”**

Friday, Jan. 27, Island Room, 8 p.m. - 1 a.m.

**“DJ Jean Marc (Request Night)”**

Friday, Jan. 27, Camp Justice, 9 p.m. - 12:30 a.m.

**“DJ Daryle (Top 40)”**

Saturday, Jan. 28, Island Room, 8 p.m. - 1 a.m.

**“DJ Jean Marc (Reggae/Hip Hop)”**

Saturday, Jan. 28, Camp Justice, 8 p.m. - 12:30 a.m.

**MWR events this Week****Saturday, Jan. 28****Biathlon****Cancelled****Saturday, Jan. 28****Flag Football Tournament****Fleet Rec. Area****5 p.m.****Sunday, Jan. 29****Flag Football Tournament****Fleet Rec. Area****5 p.m.****Sunday, Jan. 29****Skeet Shoot****Skeet Range****8 a.m.****Sunday, Jan. 29****Sailing Regatta****Cancelled****Monday, Jan. 30****Off Road Bike Race****Jake's Place****Showtime - 4:30 p.m.****Starts - 5 p.m.****Tuesday, Jan. 31****5K Trail Run****Fitness Center****6 p.m.****Main Outdoor Theater**

Friday at 8 p.m. -

**Four Feathers**

Friday at 10 p.m. -

**Firefox**

Saturday at 8 p.m. -

**Firefox**Saturday at 10 p.m. - **Miracle on 34th Street**

Sunday at 8 p.m. -

**Miracle on 34th Street**

Monday at 8 p.m. -

**Beyond Borders**

Tuesday at 8 p.m. -

**Check M.O.T. Marquee**

Wednesday at 8 p.m. -

**Check M.O.T. Marquee**

Thursday at 8 p.m. -

**Cold Mountain****Officers Club**Tuesday at 7:30 p.m. - **Howl's Moving Castle**

Thursday at 7:30 p.m. -

**Beyond Borders****CPO Club**

Saturday at 7 p.m. -

**Good Advice**

Saturday at 9 p.m. -

**Elf**

Tuesday at 7:30 p.m. -

**Cold Mountain**

Wednesday at 7:30 p.m. -

**The Fog**Thursday at 7:30 p.m. - **Howl's Moving Castle**

Each movie that plays at the M.O.T. will be replayed the following morning at 11 a.m. in the Turner Club.  
\*Note: Movies are subject to change!

**Liberty Center**

Friday at 7 p.m. -

**For a Few Dollars More**

Saturday at 7 p.m. -

**Gentleman's Game**

Sunday at 7 p.m. -

**Elf**

Monday at 7 p.m. -

**The Man**

Tuesday at 7 p.m. -

**The Cooler**

Wednesday at 7 p.m. -

**Cold Mountain**

Thursday at 7 p.m. -

**The Fog****NBA/College Basketball****NBA (Jan. 28 & 30, Feb. 2)**

Cavaliers at Pacers, (Live) Saturday, 6 a.m. AFN SPORTS  
Clippers at Nuggets, (Live) Saturday, 8:30 a.m. AFN SPORTS  
Suns at Cavaliers, (Tape) Monday, 6:30 p.m. AFN SPORTS  
Lakers at Pistons, (Tape) Monday, 8:30 p.m. AFN SPORTS  
Teams TBD, (Tape) Thursday, 7:30 p.m. AFN SPORTS

**College Basketball (Jan. 28-31 & Feb. 1)**

Kansas at Iowa State, (Live) Saturday, 11 p.m. AFN PACIFIC  
Arizona at North Carolina, (Live) Sunday, 12 a.m. AFN SPORTS  
Villanova at Notre Dame, (Live) Sunday, 5 a.m. AFN SPORTS  
Virginia at Duke, (Live) Sunday, 6 a.m. AFN PACIFIC  
UCLA at Oregon State, (Tape) Sunday, 5 p.m. AFN SPORTS  
Washington State at California, (Tape) Sunday, 7 p.m. AFN SPORTS  
Arkansas at Kentucky, (Live) Monday, 12 a.m. AFN PACIFIC  
Texas Tech at Kansas, (Tape) Tuesday, 6:30 p.m. AFN SPORTS  
Florida at Mississippi, (Tape) Wednesday, 8 p.m. AFN SPORTS

**Various Sports**

All games are subject to change.  
For more information log on to:  
[www.myafn.net](http://www.myafn.net).

**Boxing (Jan. 28 & 29)**

Friday Night Fights: Kasim Ouma vs. Francisco Mora, (Live)  
Saturday, 6:30 a.m. AFN PACIFIC  
Arturo Gatti vs. Thomas Damgaard, (Tape) Sunday, 2 p.m. AFN SPORTS

**Tennis (Jan. 28)**

2006 Australian Open: Women's Final, (Tape) Saturday, 7 p.m.  
AFN SPORTS

**NHL (Jan. 29, Feb. 2 & 3)**

Red Wings at Stars, (Live) Sunday, 1 a.m. AFN PACIFIC  
Teams TBD, (Tape) Thursday, 2 p.m. AFN SPORTS  
Teams TBD, (Tape) Friday, 7:30 p.m. AFN SPORTS

**PGA Tour (Jan. 28)**

Buick Invitational, (Tape) Saturday, 2 p.m. AFN SPORTS

**Action Sports (Jan. 29 & 30)**

Winter X Games 10, (Live) Sunday, 8 a.m. AFN SPORTS  
Winter X Games 10, (Tape) Monday, 3 p.m. AFN SPORTS

# Coping with Feelings of Loss After Divorce or Separation

*Compiled from Navy OneSource*

A divorce or separation is always painful. For many people, a divorce can be as hard to cope with as the death of a loved one. Even if you feel relieved that you no longer have to live with the tension of a strained relationship, you may find that a divorce or separation brings intense feelings of guilt, anger, sadness, frustration, or fears about the future. All of these emotions are natural when a marriage ends, and there are many ways to cope with them.

## **Common feelings after divorce or separation**

Two people rarely start thinking about splitting up at exactly the same moment. Instead, one member of a couple usually wants to end the marriage more – or sooner — than the other does. Some experts call this spouse “the person who leaves” and the other “the person who’s left behind” (or just “the leaver” and “the left”). Depending on which roles you had, you and your spouse may have very different feelings about your divorce or separation.

- If you wanted the divorce more than your spouse did. If you wanted the divorce, you may feel very relieved at first to have taken steps to end a troubled marriage. But you may have unexpected feelings later on. Spouses who wanted a divorce may blame themselves for the breakup of their family or for financial or other hardships that occur afterward. Experts say that, for this reason, the difficulties of these spouses may arise later and last longer than those of the people who didn’t want the divorce.

- If your spouse wanted the divorce more than you did. If your spouse wanted the divorce, you may feel anger, shock, and a sense of betrayal, especially if you believe the two of you could have worked out your differences. Some “left” spouses cling to the idea that the other person is a villain — or that there’s a way to save their marriage — even if neither of these views is realistic. Long after the divorce becomes final, they may still fantasize about getting back together or have trouble forgiving a former spouse for trivial incidents that occurred years earlier.

Thinking about your role in the separation or divorce can help you anticipate the challenges you may face and may lead to a better understanding of your spouse’s behavior. For example, you might assume that if a former spouse avoids you or your children, he or she no longer cares about the family. In reality, your ex may be feeling extremely guilty and afraid to face you or others for fear of being criticized. In complex situations like this, a therapist or another counselor may be able to help you understand the emotions that you and your former spouse may be experiencing.

## **Tips on coping with intense or painful emotions**

A divorce or separation can involve many kinds of losses. At the very least, it requires you to give up the dream that you and your spouse will always stay together “for better or worse.” Depending on your situation, you may also have to give up your home, custody of your children, some of your financial security, and other things that are important to you. Even if you wanted

to end your marriage, these losses may seem almost unbearably painful.

For this reason, when a marriage ends, your feelings of grief may last for a long time. This is a normal and very common reaction to one of the biggest adjustments anyone ever has to make. Here are some tips for coping:

- Allow yourself to grieve. Mourning is a healthy part of the grieving process when someone you love dies, and it can be a healthy part of the healing process after a divorce, too. Give yourself permission to grieve after your divorce or separation.
- Think about what helped with other losses. Ask yourself what has made you feel better when people you loved have died. Writing a note? Listening to soothing music? Spending a few quiet moments in a peaceful setting such as a park or garden? Any of these might help after a divorce, too.
- Consider finding a way to mark the day your divorce becomes final. Some experts believe that it can help you achieve a sense of peace or finality if you mark the day your marriage officially ends, or the day you get your divorce decree in the mail. You might consider lighting a candle, having lunch with your best friend, or writing a poem or letter about your feelings on that day.
- Share painful feelings with your closest friends and relatives. You may never need your friends or relatives more than you do during a separation or divorce. But those people may start to feel uncomfortable around you if you talk continually or bitterly about your former spouse. Save the most painful details for a few of the people you trust the most — your closest friends or family members, or professionals such as the clergy.
- Look for healthy ways to express your feelings. Think about starting a “divorce journal” in a notebook or on your computer. (Try to write down something positive or encouraging each day.) Or find another creative way to express your feelings — draw or paint a picture, work on a home project, or plant a flower or tree that will blossom even if your marriage has withered.
- Let friends and family members know how they can help. People who haven’t been divorced or separated (and even some who have) may not know what would help you most. Speak up if you need an occasional babysitter, help with tasks your spouse used to do, or advice on drawing up a new budget.
- Reach out to new people. After a divorce, you may see less of certain people who had a stronger attachment to your ex (or whom you saw only because your former spouse liked them). Accept some changes in your social life as inevitable, and reach out to new people who can fill the gaps in your social life.
- Anticipate days that may be difficult, such as holidays and your wedding anniversary. Some people find that, years after a divorce, they still feel sad on days that they associate with their former spouse. Let friends know if you could use a little extra support at these times.
- Take care of yourself. A divorce or separation can be physically and emotionally stressful, so it’s important not to neglect your health. Make sure you understand any changes in your healthcare coverage that will result from a separation or divorce.

*Continued, see **Coping with Feelings** on page 14.*



## Nautical Terms and Phrases... Their Meaning and Origin

This week's term is:

### Side Boys

Tending the side with side boys, as we know it in modern practice, originated a long time ago. It was customary in the days of sail to hold conferences on the flagships both when at sea and in open roadstead; also, officers were invited to dinner on other ships while at sea, weather permitting.

Sometimes the sea was such that visitors were hoisted aboard in boatswain's chairs. Members of the crew did the hoisting, and it is from the aid they rendered in tending the side that the custom originated of having a certain number of men always in attendance. Some have reported the higher the rank, the heavier the individual; therefore, more side boys.



A coconut crab (*Birgus latro*) waits for its prey to fall from a tree... the delicious, but sometimes-deadly coconut. The coconut crab tears into coconuts with its strong claws seeking the sweet meat inside. The vise-like grip of a coconut crab can crush your finger. Just a reminder, they are a protected species on DG. After a mandatory court case, you will be fined up to £1,000 sterling (currently \$1,800 American) for killing a coconut crab.

Want to share your favorite photo or two with the Island Team? Submit your photos with some information about the photo to JO1 Margallis at [margallisd@dg.navy.mil](mailto:margallisd@dg.navy.mil). Photo credit will be given if published in the Tropical Times.

## This Week in Naval History

Source: Naval Historical Center

**January 28, 1986** - Space shuttle *Challenger* explodes killing Cmdr. Michael Smith, USN, and 6 other astronauts.

**January 29, 1943** - Beginning of 2-day battle of Rennell Island after which U.S. transports reached Guadalcanal.

**January 30, 1862** - Launching of first turreted warship, USS *Monitor*.



**January 31, 1961** - Lieutenant Commander Samuel Lee Gravely, Jr. becomes first African-American to command a combat ship, USS *Falgout*.

**February 1, 1942** - USS *Enterprise* and *Yorktown* make first WW II air strike, Japanese Marshall Islands.

**February 2, 1862** - USS *Hartford*, Capt. David G. Farragut, departs Hampton Roads for Mississippi River campaign.

**February 3, 1801** - Senate approves peace treaty with France ending undeclared naval war that began 1798.

## Tide Report Jan. 28 - Feb. 3

	<u>High</u>	<u>Low</u>	<u>High</u>	<u>Low</u>
Saturday	1:22 a.m.	7:21 a.m.	1:30 p.m.	7:48 p.m.
Sunday	2:00 a.m.	8:04 a.m.	2:13 p.m.	10:28 p.m.
Monday	2:38 a.m.	8:43 a.m.	2:52 p.m.	9:07 p.m.
Tuesday	3:16 a.m.	9:20 a.m.	3:52 p.m.	9:44 p.m.
Wednesday	3:52 a.m.	9:56 a.m.	4:10 p.m.	10:20 p.m.
Thursday	4:28 a.m.	10:33 a.m.	4:47 p.m.	10:55 p.m.
Friday	5:03 a.m.	11:10 a.m.	5:22 p.m.	11:29 p.m.

### The DG Modeler's Club



Meets every Sunday at 2 p.m. in the Chapel Fellowship Hall. Join in the fun on a Sunday afternoon.

## Golf Lessons

Want to cure your wicked slice? Please call Mr. Soriano of PWD at 370-4521 or e-mail him at [sorianor@dg.navy.mil](mailto:sorianor@dg.navy.mil) to set an appointment for a golf lesson. Lessons for beginners and those who want to improve their golf games are welcome.



## The Lagoon Cartoon Revisited

By YNSA Guerra



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\*Use access code before dialing the toll free number.

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## VITA Tax Center 2006

**WHO:** Military Personnel and Military Retirees ONLY.

**WHAT:** State and Federal Tax returns completed and filed electronically.

**WHEN:** Walk-in basis, *beginning February 1.*

**WHERE:** NSF Legal – Downtown, Admin Building, 2<sup>nd</sup> Deck.

**WHY:** Free and convenient preparation and filing.

Monday – Friday 1:30-3:30 p.m.

Or call for an appointment

Lt. Hoyt and LN2(SW) Romero at 370-2922.

PCC(SW) Lynch at 370-4114.

You can also visit [www.militaryonesource.com](http://www.militaryonesource.com) to access TurboTax or [www.taxslayer.com](http://www.taxslayer.com). Both sites provide free and easy filing for military members.



**Star Party:**

**January 27  
at sunset.**

**Camp Justice  
Pier**

Subject to clear skies.

# A Trip to the Plantation



The waves on the ocean side of the Plantation are surfable, but unfortunately it is prohibited.

Navy Morale, Welfare and Recreation trips to the Plantation are back! Navy MWR offers two trips each day to the Plantation on Saturday and Sunday. Buses pick people up and drop them off at nine different stops along the shuttle bus route.

<b>Outbound</b>	<b>1st trip</b>	<b>2nd trip</b>
Turner Club	8 a.m.	Noon
Fleet Landing	8:07 a.m.	12:07 p.m.
Camp Justice	8:16 a.m.	12:16 p.m.
Donkey Gate	8:26 a.m.	12:26 p.m.
Small Arms Range	8:27 a.m.	12:27 p.m.
Turtle Cove	8:30 a.m.	12:38 p.m.
GEODDS	8:45 a.m.	12:45 p.m.
DG House	9:13 a.m.	1:13 p.m.
R&R Site	9:20 a.m.	1:20 p.m.
<b>Inbound</b>	<b>1st trip</b>	<b>2nd trip</b>
R&R Site	10 a.m.	3:30 p.m.
DG House	10:07 a.m.	3:37 p.m.
GEODDS	10:35 a.m.	4:05 p.m.
Turtle Cove	10:42 a.m.	4:12 p.m.
Small Arms Range	10:53 a.m.	4:23 p.m.
Donkey Gate	10:54 a.m.	4:24 p.m.
Camp Justice	11:04 a.m.	4:34 p.m.
Fleet Landing	11:13 a.m.	4:43 p.m.
Turner Club	11:20 a.m.	4:50 p.m.

Don't forget to stop by the BIOT Police Station to get a Plantation pass good for the day specified and a copy of the plantation regulations. The one-day pass costs only \$1.



Mechanical Workshop and Generator House.



The Plantation Manager's House.



The path located behind the Chapel leads to the ocean.



The old plantation pier located in the lagoon.





The Company Store.



The East Point Cemetery.



Sacred Heart statue on top of Church.



Catalina wreck.

(Above) This Royal Air Force Catalina Flying Boat stationed at Diego Garcia during World War II was wrecked on September 15, 1944 when a cyclone struck the island.



Church of the Sacred Heart.



A coconut crab finds its favorite meal, a coconut.





**January 29 - Cancelled  
(Rescheduled on March 5)**

### **2006 MWR Softball League**

#### **Coaches Meeting**

January 27 at 5 p.m.

Main Outdoor Theater

#### **Pre-season Tournament**

February 7 starting at 6 p.m.

Ball Field # 1

For more information call  
Recreation Services at 370-2790 or  
370-2792.

### **Tennis Tournament**

The tennis tournament scheduled for  
Jan. 20 has been rescheduled for Jan.  
27 at 5 p.m. at the courts across from  
the Fitness Center downtown.



### **40K Bike Ride**

*Event held January 21.*



## **MWR Golf Tournament**

*Tournament held January 22.*



#### **Longest Drive**

Routon (Male) / Hansen (Female)

#### **Closest to the Pin**

Dizon (Male) / Hansen (Female)

#### **Men's Division Low Gross**

1st - Soriano

2nd - Madrigal

3rd - Tagamori

#### **Men's Division Low Net**

1st - Routon

2nd - Dayro

3rd - Daquiwig

#### **Ladies' Division Low Gross**

1st - Viernes

2nd - Hansen

#### **Ladies' Division Low Net**

1st - Vengano

2nd - Lewis



## Blue Angels Seek Enlisted Applications

*From Navy Flight Demonstration Squadron (Blue Angels) Public Affairs*  
EL CENTRO, Calif. (Navy News Service) — The Navy Flight Demonstration Squadron (Blue Angels) are encouraging qualified Sailors and Marines to apply for the 2007 season. The application deadline is April 1, and selection results will be available in June 1.

According to Chief Aviation Maintenance Administrationman (AW) Robert Sadak, the Blue Angels' applications chief petty officer, there are open billets for E-5 and E-6 Journalists, Illustrative draftsmen, Storekeepers, Photographer's Mates, Aviation Maintenance Administrationmen, Aviation Electronics Technicians, Aviation Ordnancemen, Aviation Structural Mechanics, Aviation Electrician's Mates and Hospital Corpsmen with an 8406 Navy enlisted classifications (NEC). Interested Marine applicants with 6257 and 6217 military occupational specialties (MOS) are needed as well.

"We are looking for motivated, hard-charging Sailors and Marines with outgoing personalities to represent the pride and professionalism found throughout today's Navy," Sadak said. "Our team of Navy and Marine Corps professionals are a direct reflection of personnel currently stationed around the world displaying Honor, Courage, and Commitment on a daily basis to uphold our nation's values and ideals."

"We display teamwork for the crowds who come to see the Blue Angels," Sadak said. "The high caliber of Sailors and Marines we are looking for are the same caliber of who we represent."

Command Master Chief (AW/SW) Eric Hodge said applicants have to take pride representing the Navy to the public.



*A crew chief assigned to the U.S. Navy flight demonstration team, the "Blue Angels," stands at parade rest as his aircraft prepares to taxi at the start of the team's demonstration at the 2005 Naval Air Station Oceana Air Show. The air show, held in September, showcased civilian and military aircraft from the Nation's armed forces, which provided many flight demonstrations and static displays. U.S. Navy photo by Photographer's Mate 2nd Class Daniel J. McLain*

"We are all volunteers," Hodge said. "But we're looking for those special volunteers who proudly serve our country and represent our shipmates who are out in the fleet."

Application details are outlined in NAVADMIN 317/05.

Additional information and applications are available at [www.blueangels.navy.mil](http://www.blueangels.navy.mil) or by contacting Sadak until March 4 at DSN 658-2569 or commercial (760) 339-2569. After March 4, 2006, contact him at DSN 922-2583 ext. 130 or commercial (850) 452-2583 ext. 130 or by e-mail at [robert.sadak@navy.mil](mailto:robert.sadak@navy.mil).

## Keel Laying Ceremony Held for 2nd Littoral Combat Ship

By Photographer's Mate 2nd Class (AW) Scott Webb, *Navy News Service*  
MOBILE, Ala. — The second littoral combat ship's (LCS 2) keel was laid during a ceremony Jan. 19, at the Austal USA Shipyards in Mobile, Ala.

LCS 2 was designed by General Dynamics. Its speed, crew compliment and mission capabilities will be similar to Freedom (LCS 1), its sister ship.

"This milestone marks a significant achievement in the LCS Program," said Rear Adm. Charles Hamilton II, program executive officer, Ships. "The LCS brings our naval forces the speed, flexibility and capability we need to face the asymmetric threats of the future."

The principal speaker at the ceremony, was the Assistant Secretary of the Navy for Research, Development and Acquisition, the Honorable Delores Etter. Etter also had the honor of having her initials welded into a component of the modular construction arrangement that will be a part of the 417-foot long trimaran.

LCS 2 is scheduled to be commissioned in 2008.



*The Assistant Secretary of Defense for Research, Development and Acquisition, the Honorable Delores Etter, center, shakes hands with Executive Chairman of Austal Ltd., Mr. John Rothwell, after her initials were inscribed onto a piece of Littoral Combat Ship Two (LCS 2) during the ship's keel laying ceremony. LCS 2's speed, crew compliment and mission capabilities will be similar to Freedom (LCS 1), its sister ship. The Navy's 2nd Littoral Combat Ship is scheduled for commissioned in 2008. U.S. Navy photo.*

**Coping with Feelings, continued from page 9.**

- Join a support group for separated or divorced people. You may find it helpful to share your feelings with people who've been divorced or separated and know what you're going through. You may be able to find a group through your employee resource program (if you don't know how to contact your employee resource program, ask a human resources representative) or the local chapter of an organization for separated or divorced people or single parents. If you can't find a group in your area, consider joining a group on the Internet. You can find online groups by searching for keywords such as "divorce support."
- Make major changes slowly. Resist the pressure from friends and relatives to make big changes before you feel ready, whether these include selling a house, moving to a new community, or starting to date. You may feel better about any changes you make if you know you've thought them through carefully.
- Look into counseling if you feel emotionally "stuck." For most people, the pain of a separation or divorce eases with time. If your sadness doesn't become easier to bear after a while, you may want to talk to a therapist or another counselor. There are counselors who specialize in working with separated or divorced people. You may be able to find a specialist through your employee resource program, searching the Internet, calling the psychiatry department of a community hospital, or getting in touch with the local chapter of a group such as the American Psychological Association.
- Follow your own emotional timetable. Everybody adjusts to separation or divorce at a different rate. Don't expect to "get over" your feelings of loss by a certain time just because you know somebody else did.



**Calling all DG athletes!**  
**The Branch Health Clinic is offering custom-made athletic mouthguards to help protect the mouth and jaws. Call the Dental Clinic at x4213 to make a 30 minute appointment!**

**Moving beyond loss and grief**

In the first months after separation or divorce, you may seem to need all your emotional strength just to survive from one day to the next. But as you begin to feel stronger and more confident, you may want to take additional steps to move beyond loss and grief.

- Forgive yourself and your former spouse for any mistakes you made. It can take a long time — often years — to forgive both yourself and your former spouse for any mistakes you made during your marriage. You may find it easier to do this if you can acknowledge that just as both you and your former spouse did some things wrong, you did a lot that was right, too.
- Set new goals. In the months immediately before and after a divorce or separation, many people have to focus on goals that relate to the end of their marriage, such as helping children adjust or finding a new place to live. Later you'll probably want to set new goals, including some that you couldn't have achieved while you were married such as spending more time with your friends or going back to finish a degree.

Coping with the loss and grief that often follow a divorce or separation can be one of the hardest things you'll ever do. But if you allow yourself to grieve and learn ways to cope during this difficult period, you can begin to move forward.

For more information and assistance contact the Fleet and Family Services Officer, Lt. j.g. Narro at 370-4421.

**Become a SAVI Advocate**

In 1993, the Navy initiated the Sexual Assault Victim Intervention (SAVI) Program to address the problem of sexual assault in the Navy. If you are looking for a way to be involved in your Navy community, consider becoming a SAVI Advocate.

SAVI helps sexual assault victims is by training and coordinating volunteer victim advocates. To qualify to attend this training, volunteers must:

- 1) Be at least 21 years of age
- 2) Undergo an intensive interview
- 3) Demonstrate emotional maturity and stability
- 4) Submit to background checks
- 5) Be willing to maintain victim confidentiality
- 6) Be willing to undergo both initial and ongoing in-service training
- 7) Sign a Volunteer Service Agreement
- 8) Be on Island at least three months after training is completed.

When a sexual assault is reported, SAVI dispatches a trained volunteer advocate to assist the victim through the medical, legal and police investigative procedures.

The Sexual Assault Response Coordinator (SARC) will be offering a 20-hour victim advocate training class March 27-29. Each participant will receive a Certificate of Training which can be used at other SAVI Programs in the Navy. Once training has been completed, SAVI advocates usually volunteer to stand watch via the SAVI Watchbill - about one week every other month.

To learn more about the SAVI Program, or if you would like to sign up for the SAVI Advocate training, contact Lt. j.g. Narro at 370-4421.



## 50M Backstroke Swim Competition

Event held January 18.  
(Time in mm:ss.ss)

### Men (29 & under)

- 1st - Vandeventer (MSC), 00:33.88
- 2nd - Marsh (MSF), 00:33.95
- 3rd - Raring (EBS), 00:38.29

### Men (30-39)

- 1st - Flormata (DG21), 00:40.26
- 2nd - House (MSF), 00:44.03
- 3rd - Butcher (40 ECEF), 00:54.31

### Men (40-49)

- 1st - Trembley (PACAF), 00:45.18
- 2nd - Miranda (BHC), 00:54.91
- 3rd - Clark (PACAF), 00:55.74

### Men (50 & above)

- 1st - Brady (MSC), 00:58.44
- 2nd - Stevens (DG21), 01:19.41
- 3rd - Rosales (DG21), 01:19.41

### Women (29 & under)

- 1st - Johnson (EMXS), 00:47.41
- 2nd - Tittle (96 EBS), 01:01:13

